



JULY 2019

your

HEALTHUPDATE

Eating in Season



REAP THE BENEFITS OF *eating well*

Fruits and vegetables provide many benefits when they're grown and harvested in their natural seasons. **When you eat in-season produce, you:**



SAVE MONEY

Fruits and vegetables are cheaper at the peak of their supply. That's because they cost less for farmers to harvest and often travel a shorter distance.



GET THE MOST NUTRIENTS

Seasonal produce often has a shorter time between harvest and your table. This allows the food to retain its full nutrient and vitamin count.



TASTE BETTER FLAVORS

Produce that has been allowed to fully ripen has the optimal flavor. This delicious taste makes it easier to get your recommended five servings of fruits and vegetables each day.



SUPPORT LOCAL FARMERS

Shop farmers' markets for a wide variety of seasonal food. The vendors can answer questions and give you ideas about how to prepare the produce.



Visit seasonalfoodguide.org to find out which foods are in season in your area.



Physical health



Financial health